



Kinetic Coaching & Nutrition

Kirsty Prosser

Specialist in:

- Cancer & exercise
- Chronic pain & Fatigue
- Lower Back Pain
- Nutrition & Weight loss
- Behaviour change



Cancer Rehabilitation Exercise, Nutrition & Lifestyle Support

Clinical Referral Pack

Who This Service Is For:

Adults with a cancer diagnosis needing Prehabilitation for:

- Weight loss or gain
- Mobility issues
- Lifestyle change including physical activity & nutritional guidance

Adults during or after cancer treatment who:

- Experience fatigue, pain, loss of strength or confidence
- Are unsure what exercise is safe or where to start
- Need accountability and guidance to follow a structured plan
- Need ongoing, individualised support
- Need practical support managing nutrition during or after treatment

What I Provide:

- Individualised exercise prehabilitation and rehabilitation
- Evidence based support and programming
- Nutrition guidance, planning and structure
- Behaviour change and adherence support
- Ongoing progression and monitoring
- Clear scope boundaries and onward referral when required

Conditions & Treatments Supported:

- Breast, gynaecological, colorectal, haematological and prostate cancers
- Chemotherapy, radiotherapy, surgery and hormone therapy
- Chronic pain, fatigue and deconditioning

What I Don't Do:

- I do not provide medical nutrition therapy
- I do not contradict medical advice
- I do not work outside my scope
- I refer back to clinical teams when appropriate

Qualifications:

- Level 4 Cancer Rehabilitation Exercise Specialist
- Level 4 Back Pain Exercise Specialist
- Level 3 Nutrition Coaching
- Pain, fatigue and behaviour change specialist
- Fully insured

Referral Options

- Clinician referral [using this form](#)
- Patient self-referral [using this form](#)
- For questions or other contacts: kineticnw.coaching@gmail.com / [07767389329 \(WhatsApp\)](tel:07767389329)
- For more info see my website: www.kineticcoach.co.uk/cancer